

4-1925

Herald of Osteopathy, April 1925

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Herald of Osteopathy

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April 1925

PUBLISHED MONTHLY BY

The Herald of Osteopathy Publishing Company
KIRKSVILLE, MISSOURI

DON'T CALL THE DOCTOR

M. L. RICHARDSON, D. O., Norfolk, Virginia.

SPRING is here and with it the usual pandemic of spring fever, an acute annual vernal contagious restlessness of the Human Ego. Don't call the doctor, let the feverish interest in things out-of-doors run its course through incubation, incipency, crisis and convalescence. Each stage a jump to a broader conception and fuller enjoyment of living.

Rave about the great out-of-doors, about golf, tennis, baseball, fishing, hiking, gardening, picnicing, touring, the birds, the trees and the flowers.

Treat your feet to a fox trot over the chlorophyl tinted carpet of nature. Respire abundantly of the air vivified by its play over the wonderlands.

Lay up the can opener and bring out the spade and the cultivator. Be a back yard agriculturist. Coaxing your food out of the soil pays a better dividend than cutting it out of tin.

All of which means: Play in the open country with Dr. Health, D. O., Dispenser of Oxygen. Pilgrim to the temple of the Sun, cast upon its altar a free will offering of care, worry and business monotony: Experience the salutary answer of the oracle bounding through your arteries in accelerated circulation—the rising tide of health: A freshet of the life fluid starting its physiological housecleaning, waking to renewed vigor the hibernating entrails, and at its flood rushing the color back to those blanched cheeks.

Mind not if those puny muscles cry out and bind up at the first work outs, and balk at further use. Take them to the Osteopath a few times until they come up to tone and will exercise with a delightful grace and ease and finish in a comfortable glow.

EVENING UP

He: Is she progressive or conservative?

She: I don't know. She wears a last year's hat, drives a this year's car and lives on next year's income.

—MODERN GROCER.

The Herald of Osteopathy

PUBLISHED MONTHLY BY

THE HERALD OF OSTEOPATHY PUBLISHING CO.
KIRKSVILLE, MISSOURI

VOL. XIX

APRIL, 1925

No. 4

WISELY WORKING VS. WATCHFUL WAITING

THE February number of Physical Culture contains a splendid article by Hazel Canning in which she contrasts the allopathic and the osteopathic methods of dealing with pneumonia. The article is illustrated by two pictures one of which is a reproduction of the famous painting "The Doctor" which depicts the medical doctor sitting beside a sick child watching and apparently puzzled to know what to do, while the mother is seen in the corner of the room sobbing, with her husband standing at her side.

The other illustration shows an osteopathic doctor working on a patient who is confined to the bed with pneumonia. The two pictures are contrasted by the writer as depicting the fundamental differences between the two schools of practice—"Medicine Watches" while "Osteopathy Works."

The heading of the article is significant, the title being "They Sit By and Watch—Till the Patient Dies."

"The Allopathic Method for the Treatment of the Dread Pneumonia is One of Watchful Waiting for Nature to take Its Course—the Osteopath Works to Eliminate the Congestion."

The author relates the story of a man who had pneumonia and was given allopathic treatment. Practically the extent of treatment consisted in nursing and fresh air with careful attention to diet. As the crisis approached, whiskey and other stimulants were ordered, but the patient died and an effort to comfort the wife and mother was made by assuring her that science had done all it could in her husband's case.

The author then relates the story of another case where the party calls an osteopath who instead of watchful waiting began at once wisely working to help the sufferer back to normal. The

result was that the patient soon was restored to health and the lady who had lost her husband heard of this case. Later her son was taken sick and she called an osteopathic physician this time with the result that her son recovered.

The article no doubt will do a great deal of good in contrasting the two methods of treatment and setting forth the potency of Osteopathy in coping with pneumonia. Comparative statistics are given showing the results obtained by the osteopathic and allopathic methods of handling the flu-pneumonia during the epidemic following the war. Quotations from the article will be found in another page of this edition of the Herald. —R.

FORD NOT STRONG ON DRUGS

THE National Observer, Oct. 4, 1924, quotes Henry Ford as saying: "Medicine (drugs) is not a bit good for anything. I am working now to have the doctors in my hospital at Detroit do away with its use altogether."

If the automobile manufacturer is quoted correctly, this places him among the most advanced thinkers along medical lines.

One celebrated doctor has been quoted as saying that the young practitioner will give more medicine during his first year than he will during the next five; he will give more during the first five than he will during the next ten; it is a fact that the better the physician the less drugs he gives and I presume that when we become perfect we will give none.

Dr. A. T. Still, the founder of Osteopathy said, "No materials other than food and water taken in satisfaction of the demands of appetite can be introduced into the body without detriment."

Carlyle was a great advocate of natural healing. He said: "Nature is conquered by obedience and all her many powers can be used at our bidding, when once we understand the law to work with it and not against it."

The tendency of the times is towards rational methods of healing. We are drifting away from drugs and artificial measures. We are abandoning them for exercise, fresh air, sunlight, diet, electricity and mechanical therapy. Osteopathy is coming into its own.

—R.

THEY SIT BY AND WATCH TILL THE PATIENT DIES

**The Allopathic Method for the Treatment of the Dread
Pneumonia is One of Watchful Waiting for Nature to
Take Its Course—the Osteopath Works to Eliminate
the Congestion**

BY HAZEL CANNING

(Quotations taken from February number of Physical Culture Magazine)

VERY naturally, when the osteopaths of New York State sent out a challenge to the "medical autocrats" in regard to tests for a cure of pneumonia, Mrs. Brown who had lost her husband by medicine, but saved her son by osteopathy, was very much interested. First of all she read the challenge. It ran:

"The American Osteopathic Association, after the most scrupulous and exacting investigation, is convinced that the severity of influenza and pneumonia symptoms and the mortality resulting from these two diseases are very greatly reduced by osteopathic treatment, as opposed to drugs and narcotic treatment of these disorders.

"The American Osteopathic Association, has issued a standing challenge to any responsible medical organization to treat any number of influenza or pneumonia patients, and publish the results of such treatment in such a manner as to afford the widest possible publicity to these reports in the shortest possible time.

"I shall be pleased to do all in my power to arrange the details of such a test at any time agreeable to our good friends, the doctors.

(Signed) EDWARD ALBRIGHT, D. O.

(Member of American Osteopathic Association—New York Osteopathic Society; Osteopathic Society of the City of New York.)

Mrs. Brown knew that there was truth back of that challenge. She knew that this treatment of pneumonia which wasted no time but went to work on the backbone of the patient, produced results which the drugs of the medical doctors could not produce. So in the interest of other boys and other mothers she suggested to her family doctor, the eminent Squizzizzums, that his school of medicine adopt this better method of handling pneumonia; at

least that his school call in the osteopath to cooperate in time of need.

"But," he exclaimed, "impossible. To us these osteopaths seem hardly more than doctors of massage."

There he stuck and could not be persuaded. And there remained with him on the old ground of professional prejudice and blindness every doctor of the older schools. Although this challenge of the osteopaths has been a standing call to action—to sound, scientific comparison of methods of healing pneumonia for years now, not one representative of the older schools of medicine has ever taken the challenge up.

Now almost every lay person can tell of a case where a patient seriously ill of pneumonnia has been restored by an osteopath. But the exact delicate process which the osteopath has set to working again to stem the tide of the disease is not everywhere understood. Dr. George W. Riley, specialist in the treatment of pneumonia, tells just what the osteopathic doctor does in the pneumonia case, and how he "gets his reaction."

"In the first place," says Dr. Riley, "we all of us at one time or another carry round in our mouths the pneumococcus germ, though we do not get pneumonia. The reason of course is that our bodily resistance is so excellent that we throw off the germ. We do not afford it fertile ground. This germ needs a special soil on which to thrive and grow; that soil is a weakened condition of the chest. How do we develop that weakened condition? We develop it through exposure, through indiscretions in food and drink; sometimes through overwork. Now the osteopath goes further into his inquiry as to the causes of pneumonia than some other schools of medicine. We osteopaths remember that heat expands and cold contracts our bodies, just as heat and cold affects metals or other substances. The chill we get at the beginning of pneumonia contracts our backbones. Osteopathy has demonstrated that when the backbone is in perfect health, there is a perfect nerve and blood supply to all the vital organs. When cold contracts the backbone, or a region of it, as in pneumonia, the nerve and blood supply is put out of order.

"The future pneumonia patient sits in a draft, his back to a fan, or he rides in an automobile imperfectly covered. He gets a

chill. This steady draft causes the whole surface of the body to contract as reaction to the cold. This causes a profound interference with the blood's transmission to the surface. It closes up the capillaries, goose flesh results. We have an anemia of blood on the body's surface and a congestion of blood in the interior. The blood kept from the surface by muscular contraction sluggishly lingers in the lungs and other organs already richly supplied with blood. Inflammation of the mucous membrane linings of the throat and chest follow. And when the congestion and inflammation in these places are severe enough, we have developed the rich soil in which the latent pneumonia germ we have carried about with us for weeks is able to get in its deadly work. Next the lungs, and adjacent organs throw out an exudate, and on this Mr. Pneumococcus propagates with celerity.

"Now what caused this contraction and its resulting congestion? It was caused by the contraction of vaso-motor nerves, which are the nerves that control circulation. The chill disarranged their normal action, and they disarrange the circulation and cause the congestion in the lungs. Therefore it is very clearly seen that any manipulation which sets the vaso-motor nerves to acting again, will start circulation, which will relieve lung congestion, which will deprive the pneumonia germ of its fertile field and therefore set the body right again.

"How does the osteopath start up normal functioning of the vaso-motors?

"Again since the vaso-motor nerves in the upper dorsal region of the spine and in the cervical or back regions control the normal function of the nerves and muscles and blood supply of the chest, the osteopathic physician starts to work on these vaso-motor nerves. He gently or more vigorously, according to the need, manipulates the backbone in these regions. It is impossible to say how long he has to work. But he knows he must work till the intercostal, or muscles between the ribs relax, relieving congestion. When these intercostal muscles expand, they allow the blood supply again to go in and out of the lungs; congestion passes away, and the patient then breathes more freely. A perspiration at last covers his body. The doctor has started the contracted pores throwing off again their stagnated poisons. The entire

body of the patient is visibly less rigid. The reaction has set in.

"Any osteopathic physician skilled in the treatment of pneumonia will tell you that there are no two cases of pneumonia exactly alike. That is why the osteopathic treatment of the disease is so interesting to a real scientist. But because of this, each doctor has to decide for himself how long to work for his reaction; and he knows he must always get this reaction before he leaves his patient on his first visit. After this, there are other things; the doctor must give a general osteopathic constitutional treatment to hasten the elimination of toxins from kidneys and bowels as well as from lungs and pores. The fresh air and the light diet and careful nursing which the medical doctors prescribe as their sole treatment, the osteopath prescribes of course, too.

"But, of course, the osteopath never permits either drugs or whiskey, which sadly too often physicians of the Allopathic school prescribe in shocking quantities for men whose weakened organs are hardly prepared to stand the strain. In this way, tragically enough, we have reason to believe an army of drug addicts have been recruited from year to year—first started by doses given them by their doctors in time of pneumonia or other weakening disease."

So Dr. Riley explains a little of his skillful treatment which has saved so many people from the dread pneumonia. But he also gives a few figures which should cause any intelligent community to command the authorities responsible for the public health, to demand that the doctor who can best save the victim, be allowed to use the cure which has been proved to save. In the epidemic of influenza and pneumonia which followed the World War, Dr. Riley worked twenty hours of the day among pneumonia patients. Later he compiled his statistics, secured thus at first hand. And those figures tell their story.

First of all, there is a comparison of the death from influenza and from war. The great conflict cost the nations of the world seven millions and a half in deaths, covering a period of four and a half years. The epidemic took ten millions, in from six to eight months. Three hundred thousand Americans were wounded, disabled and killed in the war. Influenza killed five hundred thousand, in one autumn.

It was at this point that Dr. Riley and his associates made a comparative study of death rates from pneumonia, under medical care and under osteopathic care. Some of the figures established by careful research follow:

During Epidemic Pneumonia Deaths Per Thousand of Population Under Medical Care:

Chicago—270 per 1000.

New York—640 per 1000.

Army of U. S.—345 per 1000.

Under Osteopathic Care during Epidemic:

110,122 cases were taken from several cities; 6,258 died from the 110,122 ill with influenza.

Death Rate Under Osteopathic Treatment—10 per cent.

Death Rate Under Medical Treatment: "For Boston", 26 per cent. "For Chicago", 60 per cent. "Army", 33 per cent.

This speaking testimony Dr. Riley's figures supplied. Research unmistakably showed that the osteopaths were especially equipped to bring the pneumonia patient through to recovery. Pneumonia was rampant in the army, reaching an appalling death rate considering the youth and fine resistance of the patients. Yet when this scourge was spreading mercilessly and claiming its victims so tragically, no other treatment was called in but the old, medical treatment of fresh air, drugs and 'leave it to Nature' which had been proved so very ineffectual. Dr. Riley's figures showed that at this sad time there were in the army service five hundred osteopathic physicians. By training, by practice, by ability to get results they were preeminently the doctors to cope with this scourge. But were they called in to save our boys?

They were not.

By a ruling of government and army officials these trained and graduated osteopaths were doing the menial work of privates, the petty errands of orderlies, while death spread on with devastation, laying low three hundred and forty-five out of every thousand.

Dr. Riley in his survey ends this portion with a question:

"If 330 or 340 out of every 1000 soldiers ill with pneumonia at the time of the epidemic died under medical care, and if only 100 out of every 1000 under osteopathic care died, who is respon-

sible for those additional 240 deaths in every 1000—the difference between the records of the medical and osteopathic doctors?”

“Then the drugs. A committee of the New York Health Department reported they found in the files of 946 of the 1200 drug stores of the city of New York 441,641 prescriptions written by physicians with M. D. degrees, for 80,000 people ill with influenza and pneumonia. And of that number 104,101 called for narcotics, those deadly insidious drugs that are producing all of the horrible depravity among our neighbors, friends and relatives to-day. Think of it—in this day when the state and national governments are uniting to stamp out the drug evil, the physician with the M. D. is including dope in one fourth of his prescriptions, thus laying the foundation of the drug habit. It is fair to suppose that this picture of what actually was prescribed by record in New York City is a conservative estimate of what is being done by the profession all over the country.”

So Dr. Riley finishes, with figures and comment of a neutral committee of investigation. In the meantime, the months and years go by. And unto them are added the annual, usual and unnecessary deaths from pneumonia. Until the situation takes on an aspect of horror to those laymen who have been convinced.

Had Mrs. Brown's son been taken to a medical hospital when he was stricken with pneumonia, and had he there become too ill to move; and had his mother then wished to call in an osteopath—it could not have been done. The rules would not have permitted. No hospital of the “regular” schools will admit an osteopathic physician to treat a patient while he is within the closed shop of their gates. It doesn't matter how the relatives insist. That patient must be removed from the custody of the medical institution before he can have the care which may save his life. And if he will die by being moved, but may recover if allowed to remain and have osteopathic treatment—why then he must be moved and die, remain unattended and die, but he may not remain and be osteopathically treated and possibly recover. Such is the tyranny of the doctors in this particular exigency.

But despite the frowns of the older schools of healing, osteopathy has nevertheless drawn to itself great men and women from many walks of life, who gratefully testify to the good it has done

for them. Galli Curci, the famous singer of the Metropolitan Opera Company, has told many times about how osteopathy has saved her from pneumonia and kept her throat and chest free of colds and inflammations, so that she has always been able to sing on schedule.

She voluntarily offered to give a benefit for the art of healing which had done so much for her, and then offered again. Both concerts took place in New York and each raised thousands of dollars which the osteopaths are using for clinical work among poorer patients. Will Hays, the "Czar of the Movies" is another person of national importance who testifies for osteopathy.

In view of all these facts, the layman can hardly dismiss the subject without a few pressing lay questions:

Why don't the doctors of medicine, with an open mind, study the osteopathic treatment of pneumonia, and if it is as the figures prove, adopt it?

Isn't it the doctor's mission to heal? Then what matter the means, so long as healing comes?

In view of the helplessness of the medical treatment, why not try the osteopathic?

Why not take up that challenge of the osteopaths and let the truth be shown, since truth is greater than any medical pique or prejudice.

These are the questions which every man has the right to ask of his physician. And these also are the questions which every physician should feel in duty bound to answer, sincerely and truthfully, for the benefit of the patients he has taken his solemn oath to heal by all the science he can command.

AUTHORITY

Doctor: "Now, cheer up, Benjamin, we'll have you right in no time."

Benjamin: "You seem to know a lot about this trouble o' mine, doctor."

Doctor: "Good heavens! Yes; I've had it myself for the last fifteen years!"—TENNESSE MUGWUMP.

OSTEOPATHY NOT A CURE-ALL

GEO. W. REID, D. O.

WONDERFUL as Osteopathy is as a system of treatment it must not be regarded as a cure-all. All human instrumentalities have their limitations. We work in harmony with great principles. We remove causes of disorder, but always we are dependent upon the healing power of Nature.

Nature indeed is the great physician. No matter what we do, if Nature fails to respond our work is futile. There are times when the natural forces are abated, when life's processes for one reason or another are at a low ebb and the healing powers of Nature will not respond, no matter what measures may be used to revive them.

Every physician would achieve a higher percentage of success, however, if people realized the importance of giving themselves attention before their troubles had become deep seated. Neglect is a universal characteristic of the human race. For this reason many patients who consult the doctor are complete wrecks. They have allowed themselves to go so long that perfect results are out of the question.

There is a familiar saying that all men are created free and equal. The falsity of this claim becomes apparent after a few moment's reflection. It is difficult to conceive of a person born free or of any two people born equal. Every person has his limitations which vary somewhat from infancy to old age. We cannot get away from the great laws of inheritance. The sins of the parents, according to Scripture, are transmitted to the offspring even to the third and fourth generation. We inherit our ancestral characteristics, good, bad and indifferent. Some wise doctor has said we are all omnibuses in which our ancestors ride.

When we consider the foregoing we cannot lay claim to being free. We are bound by family ties that cannot be entirely severed. This, however, should not be made an alibi for nursing any particular weaknesses that may have come to us through the law of inheritance. While it is true that the leopard cannot change his spots it is equally true that by wise care and the application of common sense principles, we can be improved to a remarkable

degree. Likewise, we can in great measure eliminate our weak points and cultivate those qualities that are to be desired. A weak constitution does not necessarily need to be accepted as a permanent inheritance, for we know that there are multitudinous examples of people who have risen above such physical handicaps. Theodore Roosevelt was an outstanding case.

People are no more equal in their physical and mental makeup than automobiles are in their construction. We have flivvers and we have Packards; and we have people who vary as much in their physical qualities as do these two types of automobiles. Some people are made of Packard material while others may be regarded as Tin Lizzies, and there are more of the latter than of the former. There is no such thing as equality in individuals but this is no occasion for discouragement. Flivvers are doing far more good in the world than all other cars combined. They are giving more joy and more happiness and contribute more in service along other lines.

While you cannot make a Packard out of a flivver, you can get service out of the latter that cannot be duplicated by the former. The essential point is to keep the machinery properly adjusted and renewed. Give it care and we may expect the maximum results. Likewise with the human body, keep it repaired, give it the necessary care and we may expect the same results. Sometimes poor material enters into the construction of automobiles, Packards as well as Fords and others. In such cases it is impossible to get satisfactory results. Occasionally the same applies to the human machine. When we consider these facts we can readily see why a cure-all is out of the question.

As there is a silver lining to every cloud so there is always a basis for hope and courage no matter in what state a person may find himself. We have in the laws of evolution great constructive principles that are always working for human betterment. When we get sick, Nature patiently endeavors to restore us to normal. Indeed what we recognized as disease is but a reactionary process which is based upon a constructive and beneficent purpose, this great purpose being no less than the preservation of the individual. These reactionary processes are made necessary by habits

that violate the laws of health, by accidents and indiscretions of one kind or another.

There is one thing certain and that is when disease or disorder manifests itself in the human body there is some fundamental reason. The aim of the osteopathic physician is to find this reason, to get at the root of the trouble and then administer treatment designed to help along Nature's constructive reactions in the endeavor to restore health and perpetuate life. So while Osteopathy is not a cure-all it may be relied upon with confidence in a wide range of disorders and when combined with surgery, hygiene and dietetics it is practically universal in its application—the most universal system in fact in existence at the present time and as near a cure-all as is possible to conceive.

A NEW ERA

DR. ASA WILLARD, Missoula, Montana

DR. STILL the founder of osteopathy said God's drug store is not in some building around the corner but in the human body." There has been a marked change in the attitude of a large part of the public during recent years. While there are still millions of people who think they must "take something" every time they have an ache or pain or are conscious of not feeling just up to par, there are other millions who have abandoned the old medicine chest in the corner, the patent medicines, and even having prescriptions filled. And their numbers are rapidly increasing. People as they bring themselves to think more of it instead of acting by habit see that the proposition isn't rational and often has hurtful possibilities and they have good professional authority for their doubts.

Dr. Wm. Ostler, M. D., recently deceased and the outstanding medical leader in his day said: "We medical men know little or nothing of the real action of drugs."

Dr. N. J. Harty, M. D. of the Indiana State Bd. of Health, says: "The cause of disease is the foolish medicine method of getting rid of it."

Dr. Oliver Wendell Holmes, M. D. noted author and lecturer

said: "If all the drugs in the apothecary shops were thrown into the sea mankind would be better off but the consequences would be lamentable to the fishes."

Henry Ford, is one of those influenced by the evidence against drugging, to cure disease. He recently wrote: "Medicine (drugs) is not a bit of good for anything. I am working now to have the doctors in my hospital at Detroit do away with its use altogether."

Recent press stories of Chauncey M. Depew, railroad magnate, former U. S. Senator, and one of the best known speakers of this age mentioned in commenting upon his good health at 91 that he "had never learned the taste of medicine."

And by way of indicating the trend of things, even Dr. Chas. Mayo, M. D., the great surgeon is quoted as having said recently: "The drugless healer is one of the best things that has come into the life of the present."

And in spite of the cry of quack and the slighting reference to osteopathy we find Dr. Richard Cabot Lodge, M. D., Chief Surgeon of the Massachusetts General Hospital and probably the greatest diagnostician of his age saying: "If recent cults had no merit they would cease to exist."

Osteopathy is more than a cult, it is a complete system of practice. Thirty years ago it was sneered at as a fad, that would soon pass; but today it has hundreds of thousands of adherents where it had thousands then, and counted among its supporters is no small proportion of the leaders of thought of this day. Based upon the premise that the body has its own drugs within it and if we keep the human machine in order mechanically and learn to know the workings of the body's wonderful laboratory, health can be brought about without the agency of poisons from the outside, osteopathy has and is more and more each day appealing to thinking minds.

PROGRESSIVE

"How do you find marriage?"

"During the courtship I talked and she listened. After marriage she talked and I listened. Now we both talk and the neighbors listen."—LITERARY DIGEST.

and all the things in the laboratory were thrown
into the sea meaning to be better off but the consequences
would be inevitable to the fish.

Henry Bond is one of the men influenced by the scientists against
digging to the bottom. He is a scientist and a fisherman (but a
not a fisherman) and he is a scientist and a fisherman.

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PROLOGUE

How do you find the world?
How do you find the world?
How do you find the world?